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Help for those who are living with domestic violence

All people have the right to live a life free from violence and oppression and to receive support and help. This is some information about what violence is and how the Swedish Migration Agency can support you if you are living with domestic violence.

[Other languages](#)

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- [Español \(spanska\)](#)
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Film about violence and how the Swedish Migration Agency can help you

The film is about 5 minutes long. More information about violence and where to seek help can be found further down the page.

What is violence?

There are many different forms of violence. This is information about some common forms.

Physical violence

Physical violence – pushing, kicking, punching, choking, grabbing and not letting go or hitting or hurting with things or weapons. Passive physical violence can be, for example, not allowing someone to sleep.

Psychological violence

Psychological violence – using words that offend, threats, isolation, extortion and control that leads to psychological degradation of the person to whom it is done or cause that person not to be or do as she or he pleases. Psychological violence is also indirect threats of, for example, suicide or harming someone else. Anger or aggression in a person that appears in body language can create fear, feel threatening or be a reminder of violence that a person has experienced in the past. It is a form of psychological violence that is also called **latent violence**.

Sexual violence

Sexual violence – forcing someone to participate in, commit or watch sexual acts against their will. It can for example involve sexual harassment, being forced to watch pornographic films, involuntary touching, rape, but also talking someone into having sex and involuntary reconciliation sex. Buying sex is illegal, even when the payment is something simple; such as a mobile phone, returned favours or spending money.

Material violence

Material violence – that a person smashes things in the home, or if they destroy or forcing another person to destroy important things themselves. Violence against pets is also considered material violence.

Financial violence

Financial violence – to take control of how someone else spends money or not letting the person have their own money, forcing someone to take out a loan, controlling the finances of what is jointly owned in order to increase isolation, vulnerability and make the person financially dependent.

Neglect

Neglect – not giving a person help with food, medicine or hygiene when they need it. It may for example be refusing to help a person get out of bed or to eat or give the person too little, too much or improper medication.

Who is affected by violence?

In close relationships between people, violence is often a pattern of several different acts that can range from words that are said to very serious crimes. Often the violence or threats are used as a way for one person to control the other person and prevent that person from making their own decisions. You can be the victim of several forms of violence at the same time.

It is always the person who uses violence who is responsible and it is never your fault if you are subjected to it. All people have the right to live a life free from violence and oppression and to receive support and help.

Why is it important to tell us if you are living in a violent situation?

You have the right to live a life free from violence and oppression. There is help available and the first step is to talk about your experiences to another person or an authority that is able to help you.

The Swedish Migration Agency's mission includes the prevention of violence. In order to do this, we need to know if you are living with or have lived with violence. It is therefore important that you tell us about your experiences of violence, whether you have been the victim of violence or if you have subjected someone else to violence. You can also tell us if someone else in your family has been subjected to violence or subjected someone else to violence.

We are actively working towards trying to find out if people we meet have experienced violence. Unless we ask you, it is important that you yourself tell us so that we can offer you support, provide you with information and refer you further so that you can get the help you need.

It may also be important to your case with the Swedish Migration Agency for us to know that you are living in a violent situation.

If you have been subjected to violence in your relationship

If you have a residence permit as a family member to someone, you may, in certain cases, be granted an extended residence permit if your relationship has ended because you or your child have been subjected to violence by your partner. You can read more about in on the page [Residence permit if the relationship ends](#).

There is help available

If you are being subjected to a crime you should turn to the police, even if it feels difficult to talk about or you are very afraid. They can help you by taking your report and investigating the crime you have been subjected to. If they feel that it is necessary, they can also protect you in other ways, for example by giving you advice, an alarm, or providing a restraining order against the person who is threatening you. If you want to get in touch with the police but are not sure how or feel scared to do it, you can talk to us and we will help you.

If you are threatened or subjected to violence and need to hide, you can get help from a women's shelter or social services with sheltered accommodation. If you are not sure how to get in touch with someone who can provide you with sheltered accommodation, you can talk to us and we will help you.

If you have been subjected to violence, threats or sexual abuse

It can be difficult to leave a relationship or a family and to share your experiences. But you are not alone. Many places offer support and help to change a situation or help to process something that has happened. With Swedish authorities, you have the right to have an interpreter if you do not understand or are unable to express yourself in Swedish. Here is information about where to turn:

Public services

Social Services

Social services in the municipality you are registered in.

Healthcare

The Healthcare Guide 1177 has information for those who have been subjected to violence in close relationships and about abuse and sexual harassment.

[Website for The Healthcare Guide 1177 External link, opens in new window.](#)

[Information on The Healthcare Guide 1177 on violence in close relationships \(in Swedish\) External link, opens in new window.](#)

[Information on The Healthcare Guide 1177 sexual harassment \(in Swedish\) External link, opens in new window.](#)

The Police

[The Police's information page about crimes in close relationships External link, opens in new window.](#)

Kvinnofridslinjen

Kvinnofridslinjen offers telephone support 24 hours a day. They can also help you with contact information for social services, on-call social services or a women's shelter. The phone call is free and does not show up on the phone bill. They can arrange an interpreter for you if you do not understand or can express yourself in Swedish. Keep in mind that if you do not want the phone number to appear as the last number that was called on your mobile phone, you need to remove the number from the list. Telephone number: 020■50 50 50.

[Kvinnofridslinjen's website External link, opens in new window.](#)

Victim Support Sweden

Victim Support Sweden offers support to people who have been subjected to a crime.

[Website for Victim Support Sweden External link, opens in new window.](#)

Hedersförtryck.se

This website contains information for those who are vulnerable and for those who want to learn more about honour oppression.

[Website for Hedersförtryck.se \(in Swedish\) External link, opens in new window.](#)

[Kärleken är fri \(Love is free\) – Rädda Barnen \(in Swedish\) External link, opens in new window.](#)

If you are a child

Children also have the right to live without violence. The foundation Allmänna Barnhuset (Public Children's Home) and Östergötland County Council have made several films for children under the age of 18 about what violence is and where you can receive help and support. The films are available on Youtube.

[Start by watching the film "This is my life" External link, opens in new window.](#)

Youmo.se

Youmo.se is a site for people between the ages of 13 and 20. Here you will find information about the body, sex and health.

[Website for youmo.se External link, opens in new window.](#)

Protected identity

[Information for you who need to apply for protected identity \(The Swedish Tax Agency\) External link, opens in new window.](#)

Other support services

TRIS helpline

Tris's helpline offers help to victims of honour-related violence and oppression.

[Website for Tris helpline \(in Swedish\) External link, opens in new window.](#)

Women's and girls' shelters

Roks and Unizon have shelters around the country offering support to girls and women.

[Roks' website External link, opens in new window.](#)

[Unizon's website External link, opens in new window.](#)

RFSL Support Service

RFSL Support Service is available for LGBTQI people who have been subjected to harassment, threats and violence.

[Website for RFSL Support Service External link, opens in new window.](#)

Terrafem

Terrafem operates a hotline for women of foreign origin. The call is not visible on your phone bill. Keep in mind that if you do not want the phone number to appear as the last number that was called on your mobile phone, you need to remove the number from the list. Telephone number: 020■52 10 10.

[Website for Terrafem External link, opens in new window.](#)

For people who harm, inflict pain, intimidate or violate others

Are you worried that you might be subjecting someone in your family to violence? Do you feel that you have problems controlling yourself, your anger or your reactions? Do you feel that you sometimes cross the line or are you afraid of hurting someone? It is possible to change unwanted behaviour and there is help available.

Public services

Social Services

Social services in the municipality you are registered in can offer support to those who have difficulty dealing with their anger and aggression and to those who are subjecting or have subjected a family member to violence or threats of violence.

Healthcare

The Healthcare Guide 1177 can provide information to those who have been subjected to violence in close relationships and can also offer information on abuse and sexual harassment.

[Website for The Healthcare Guide 1177 External link, opens in new window.](#)

[Information from the Healthcare Guide 1177 for people who have subjected someone to a sexual offence \(in Swedish\) External link, opens in new window.](#)

[Information from The Healthcare Guide 1177 on sexual harassment \(in Swedish\) External link, opens in new window.](#)

The Police

[The Police's information page about crimes in close relationships External link, opens in new window.](#)

Youmo.se

Youmo.se is a site for people between the ages of 13 and 20. Here you will find information about the body, sex and health.

[Website for youmo.se External link, opens in new window.](#)

Choose to quit

Choose to stop is a helpline for people who use violence or threats of violence. Telephone number: 020■55 56 66.

[Website for Choose to Quit External link, opens in new window.](#)

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